Keep healthy snacks at your desk

How to take this break
When deadlines are looming and lunch meetings are the norm, having a stock of healthy snacks in the office can be a lifesaver. Some suggestions for non-perishable snacks include nuts and seeds, peanut butter, whole grain crackers, vegetable or fruit juice, trail mix and dried fruit.

Why this counts - Energizing
Healthy snacking can help you to focus and concentrate better at work, and boost your energy and mood.

Go to Workplace Strategies for Mental Health for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

Ideas for this activity were contributed by
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Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.